Summer Safety

Aviation Branch Safety Office

AGENDA

- Barbecue Safety
- Lawn Mower Safety
- Water Safety
- Heat Injuries
- Sunburn Prevention

BARBECUE SAFETY

- Gas Grill Safety
- Charcoal Grill Safety
- Food Safety and your Barbecue

References:

Barbecue Industry Association (BIA)
Boston Fire Department
Environmental Health Department

GENERAL SAFETY TIPS

To ensure a safe and fun grilling experience use COMMON SENSE *and please observe the following reminders:*

- Read and follow all grill manufacturer's instructions
- Always turn control knobs to OFF when not in use
- Always have grill lid OPEN when lighting
- Never move a grill that is in use

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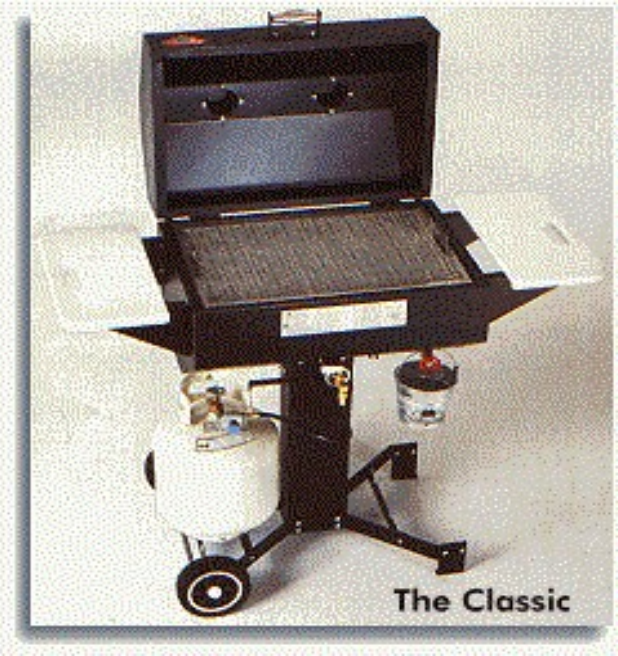
GAS GRILL SAFETY

- Use long handled utensils and flame retardant mitts to avoid burns.

- Use baking soda to control a grease fire and have an operable fire extinguisher handy.

- Reduce flare-ups by trimming excess fat from meats, replacing greasy lava rocks or ceramic



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GAS GRILL SAFETY

- Inspect your grill for damage and/or worn components at least twice a year. Repair or replace damaged components before using.

- Do not attempt any repairs to the cylinder or cylinder valve. Take the damaged cylinder to a qualified propane supplier for any repairs or proper disposal.

- Check for gas leaks every time you connect the cylinder to the grill. Simply apply a liquid soap and water solution to the area where the two connect. Turn the cylinder ON. If you see bubbles, turn OFF the cylinder and reconnect. Never use a flame to check for leaks.

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GAS GRILL SAFETY

- Always store your cylinder upright in an area that won't exceed 125 degrees Fahrenheit.

- Never store a spare cylinder beneath a grill.

- When transporting your cylinder to and from your exchange location, make sure the cylinder is secured upright in a well -ventilated area of your vehicle. Go directly to and from your exchange location.

- Follow the cleaning instructions carefully. Spiders will frequently spin webs in the venturi tubes. This poses a serious problem because it interferes with the gas flow, making the flame uneven and dangerous

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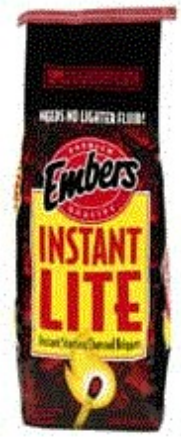
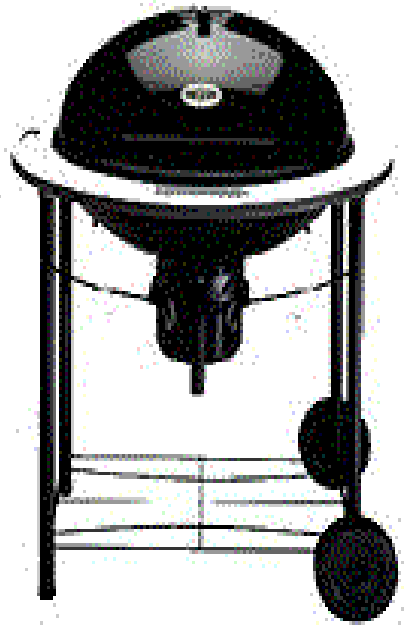
CHARCOAL GRILL SAFETY

- NEVER use gasoline or kerosene to start the fire
- Always use charcoal grills in well-ventilated areas (charcoal briquettes emit carbon monoxide gas)
- After use, cap container and move away from the fire
- Never add any type of starter fluid once the coals are burning





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CHARCOAL GRILL SAFETY

- Allow coals to burn out completely and let ashes cool for 48 hours

- If you must dispose of the ashes before fully cooled, soak them completely in water before putting them in a non-combustible container

- To dispose of the ashes, wrap in foil and put them in an empty non-combustible container

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FOOD SAFETY

Warm weather months bring about the "peak grilling season," unfortunately it also brings an increase in foodborne illness. Here are some points to keep in mind for a safe barbecue season:

- If using a platter to carry raw meat, poultry or seafood to the grill, clean thoroughly with soap and water before placing cooked foods back on the platter.

- Don't re-use marinade from raw meat or poultry on cooked foods

- If you choose to pre-cook meat or poultry, do so

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FOOD SAFETY

• Use a meat thermometer to check for the proper temperature of the foods:

Chops	145 degrees F
Ground Meat	160 degrees F
Pork	160 degrees F
Poultry	180 degrees F
Roasts	145 degrees F

• Make “exploratory” cuts into the meat to check doneness, because the outside may look done when the inside is not. The juices should run clear and the meat should not be pink.

• Store leftovers in the refrigerator or freezer within 2 hours of taking food off the grill.

LAWN MOWER SAFETY

- Facts About Your Lawn mower
- Lawn mower Safety Checklist

References:

University of Missouri-Columbia

American Academy of Orthopedic Surgeons

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LAWN MOWER FACTS

According to Consumer Product Safety Commission (CPSC), 25,300 people are injured by lawn mowers each year:

- Of those, 75 are killed, 15 of which are children
- Two most common injuries: amputations and injuries from thrown objects
- The speed of debris coming out of the discharge chute has been clocked at 200 miles per hour
- When using push mowers mow across a slope; When using a

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LAWN MOWER SAFETY CHECKLIST

- Select the right mower for the job (size, strength, experience)
- Know your equipment: read owner's manual and follow all safety decals.
- Prepare properly (p/u sticks, toys, trash, etc.)
- Dress safely. Wear hard-toed shoes and pants, safety glasses
- Use the proper fueling method. Remove the ignition wire from the spark plug. Allow engine 10 minutes

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WATER SAFETY

- Water Safety for Children
- Boating Accidents
- Swimming Safety

References:

American Red Cross

Boat U.S. Organization

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WATER SAFETY FOR CHILDREN

- Maintain constant supervision: At no time should you leave your child unattended in or around any water, no matter what skills your child has acquired and no matter how shallow the water.

- Don't leave toys in the water: Toys could lure a child back into the water when a parent is not present.

- Don't rely on substitutes: The use of flotation devices and inflatable toys cannot replace adult supervision.

- Encourage safe practices

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WATER SAFETY FOR CHILDREN

- Enroll in a water safety course with your child: Your decision to provide your child with early aquatic experience is a gift that will have infinite rewards.

- Look for the label: Use Coast Guard-approved life jackets for yourself and your children when boating or skiing.

- Know local weather conditions and prepare for electrical storms. Because water conducts electricity, it is wise to stop swimming or boating as soon as you see storm clouds or hear thunder.

- Know CPR and First Aid: these skills can be important

BOATING ACCIDENTS

Most boating fatalities are usually not weather-related. Fatalities typically occur in open boats on inland waters in the afternoon when the weather and visibility are good, the winds and water light to calm.

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THREE FATAL CAUSES

Falling Overboard

This usually occurs when victims have been :

- Sitting on the gunwale
- Standing up
- Leaning out from small boats.

Virtually all of these fatalities could have been avoided if victims had worn their life jackets or PFDs. Many times alcohol is involved with falls overboard.

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THREE FATAL CAUSES

Capsizing Or Swamping

Capsizing is when a boat turns on its side or turns completely over. Swamping is when a boat fills with water. These emergencies usually occur:

- After sharp high-speed turns
- When boating in bad weather
- When overloading or improperly distributing the weight in the boat
- Because of boat operator's inexperience in rough water.

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THREE FATAL CAUSES

Leading Cause Of Boating Accidents: Alcoh

• The effect of alcohol is amplified by the natural stresses placed on your body while boating -- the sun, wind, motion of the boat, etc.

•. Also, many boaters can become mildly dehydrated which causes alcohol to be absorbed more quickly into their system.

• For these reasons, one third of the amount of alcohol that it takes to make a person legally impaired on the road will make a boater equally impaired on the water.

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• Always designate non-drinking operator. Alcohol

BOATING ACCIDENTS

A Leading Cause of Drownings: Lack Of Proper PFDs

Approximately 90% of all boating fatalities are drownings. Virtually all drowning victims were not wearing a PFD or were wearing an inadequate one. That is why it is so critical that you have a U. S. Coast Guard approved PFD for each person onboard.

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SWIMMING SAFETY

By keeping the following common sense rules in mind, you can prevent swimming tragedies:

- Never swim alone.

- Always jump in before you dive in an unknown swimming area. Dive only if depth is adequate.

- Never allow children to swim unsupervised.

- If you want your children to swim and you don't know how, take lessons.

- Fence in all pool areas with a locking enclosure.

- Never swim during a lightning storm.

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HEAT INJURIES

- Types and Treatment
- Effects

References:

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Heat cramps are painful muscle spasms often occurring in the legs or abdomen. This is the first warning that the body is having trouble handling the heat.

1.Get the victim out of the heat. Have them sit or lie down.

2.Water them! Give them cool water or an electrolyte-balanced sports drink (e.g. Gatorade®). **Do not drink more than 1 1/2 qts per hour or 12 qts per day.**
3.DO NOT give them salt tablets or salt water. They already have all the salt they need, it's just not in the right places. The body is wonderfully made and will balance itself if it is allowed to rest.

4.It is ok for them to lightly stretch or gently massage the muscle.

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Heat Exhaustion is the most common heat -related illness. Sweat does not evaporate as well when its very humid or when a person is wearing heavy clothing or exercising hard while in a hot, humid environment. The person may be sweating like crazy, but if the sweat is not allowed to evaporate then the body is going to keep getting hotter.

Signals of Heat Exhaustion:
Skin may feel cool and clammy or moist, pale, gray, or flushed looking. Headache, Nausea, Dizziness, Weakness, or Exhaustion

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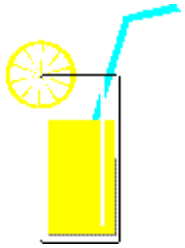
Treatment



1.Get the victim out of the heat

2.Loosen tight clothing and remove sweat-soaked clothing.

3.Apply cool, wet towels or cloths to the skin (use ice packs if necessary) and fan the victim. (Just think of what would cool you off if you were extremely hot and do it for them.)

4.If the victim is conscious, give them cool water to sip, but don't let them gulp it, which could result in vomiting.

5.The victim should continue resting and should not resume normal activities the same day.

6. If the victim refuses water, vomits, or shows signs of

If you don't recognize the signs of heat exhaustion or choose to ignore them (or in some unfortunate cases are unable to do anything about them), here is what can happen:

Heat Stroke is the Big Kahuna of heat injuries. When the body is subjected to more heat than it can handle, the core temperature will rise rapidly, causing the body systems to shut down. This is a serious medical emergency that will result in death if not treated.

Signals of Heat Stroke

Red, hot, dry skin.
The heat stroke victim has lost the ability to sweat, which is why the skin will be hot and dry.
Changes in consciousness.
Rapid, weak pulse.
Rapid, shallow breathing.

Treatment of Heat Stroke

1.Call for an ambulance immediately!

2. If the victim vomits, position them on their side. STOP GIVING FLUIDS.

3. Keep the victim lying down.

4. Continue cooling the body using any means necessary. Place ice packs or cold packs under armpits, on the groin, on the neck, on wrists, and on ankles. (TIP: Cold cans of soda or beer work well for this if you don't have ice packs.)

5. DO NOT apply rubbing alcohol.

RISK OF HEAT INJURY IS INCREASED B

- Poor physical fitness
- Dehydration
- Alcohol
- Smoking
- Medications
- Sunburn
- Sleep Deprivation
- Skin Disease
- Age
- Obesity
- Illness
- Fever
- Caffeine
- Missed Meals
- Pregnancy
- Poor Hygiene
- Poor Morale
- Poor Leadership
- Stupidity
- History of Heat Stroke

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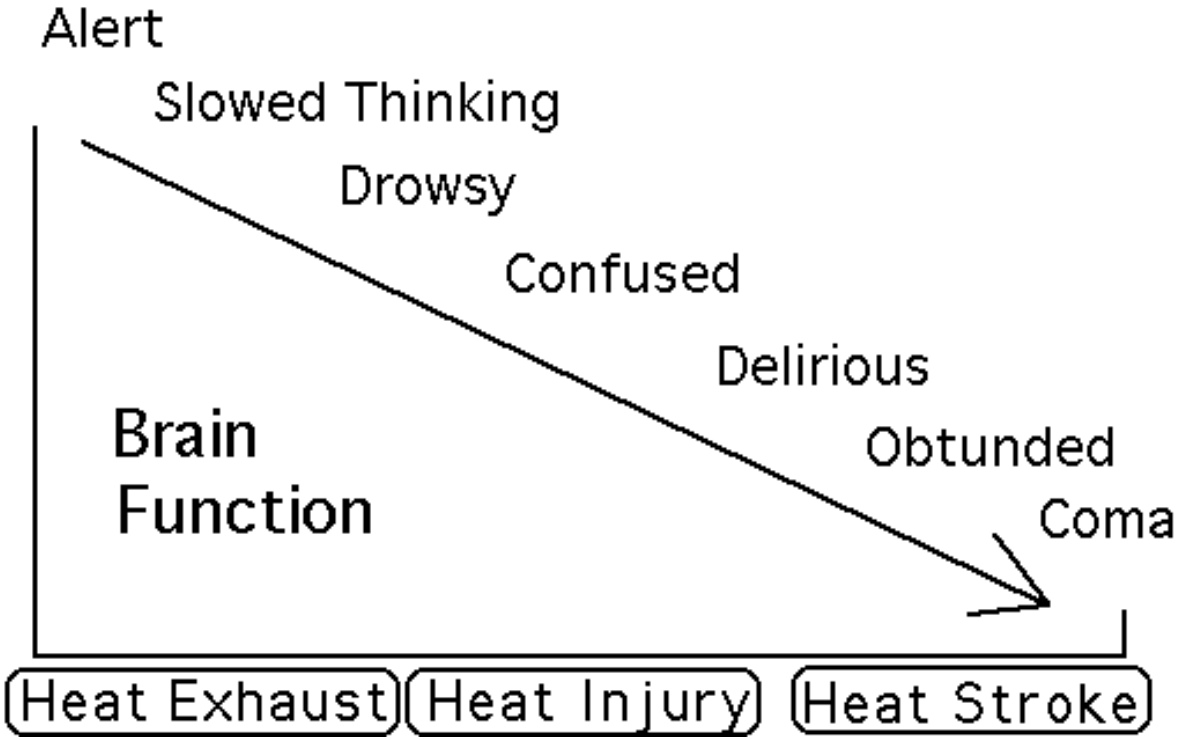
EFFECTS


Alert
Slowed Thinking
Drowsy
Confused
Delirious
Obtunded
Coma
Brain Function
Heat Exhaust
Heat Injury
Heat Stroke

TIPS

- When working or exercising in the heat, listen to your body. Drink plenty of fluids, and take more frequent breaks.

- During a heat wave, moderate your activities, drink plenty of fluids, and dress appropriately. If you don't have air conditioning, go somewhere that does.

- Finally, NEVER leave children or pets unattended in a hot car for any reason! Children are also very susceptible to heat injury. Be sure your pet has plenty of cool water in its dish and a cool place to lay down.

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SUNBURN PREVENTION

- Sunburn Facts
- Prevention is the Key

References:

University of Michigan Dermatology Department

American Cancer Society

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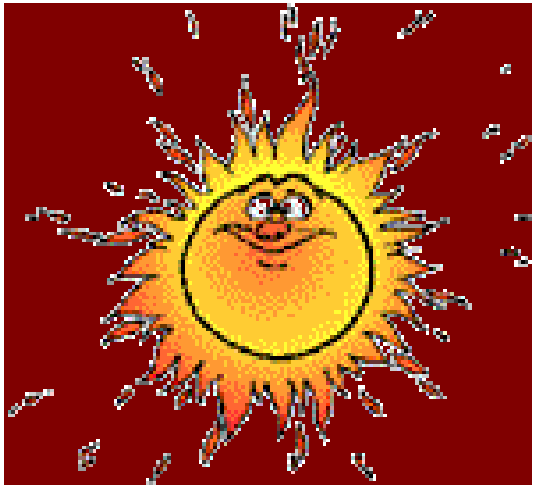
SUNBURN FACTS

- Caused by overexposure to the sun's ultraviolet rays

- Symptoms most severe 6-48 hours after exposure Cool bath or aspirin may relieve some pain



- Do NOT apply cream to the burn on the first day--traps in heat and prolongs healing

- Fluid-filled blisters indicate 2nd degree burn (do not break)

- People with fair skin, freckles, and red or blond hair are at high risk

- UV rays just as strong on hazy days

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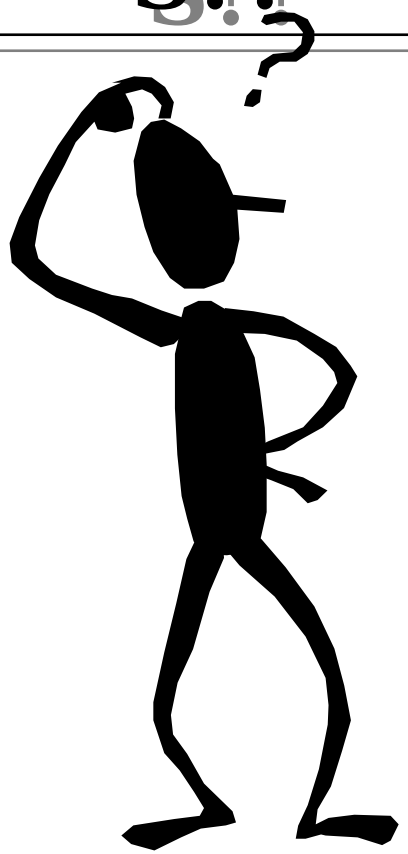
PREVENTION

- Apply sunscreen before playing or working outside
- Reapply often if swimming or active and sweaty
- Use a minimum of SPF 15, 30 preferred, and 45 for fair-skinned people
- Avoid (if possible) the sun during midday hours 1000 to 1500 hours
- Wear a hat
- Wear light clothing over the arms and legs if out for a prolonged period of time

QUESTIONS??



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